

2018 NPC USA BODYBUILDING CHAMPIONSHIPS MEN'S BODYBUILDING, PHYSIQUE & CLASSIC WOMEN'S PHYSIQUE, FIGURE & BIKINI

Dear NPC Athlete:

Please read the entire entry form thoroughly as it contains important information.

Enclosed please find the entry forms for the 2018 Bodybuilding.com NPC USA Bodybuilding, Figure, Bikini, Men's & Women's Physique and the brand-new Men's Classic Physique Championships, which is being held July 27-28 in Las Vegas, Nevada.

Entry fee is \$325

LATE FEE \$325 applies to all entries after July 12th total \$650

***** NOTE THAT IF YOU PLAN TO QUALIFY AFTER JULY 12TH DEADLINE OR ENTER ANOTHER NATIONAL COMPETITION PRIOR TO USA'S, SEND IN YOUR ENTRY WITH ALL THE DOCUMENTATION AND FEE PRIOR TO THE DEADLINE - IF YOU DON'T QUALIFY OR EARN A PRO CARD, WE WILL REFUND THE \$325 ENTRY FEE.**

ABSOLUTELY NO ENTRIES WILL BE ACCEPTED IF POSTMARKED AFTER JULY 19, 2017.

There are no refunds or transfers of entry fees.

HOST HOTEL EMBASSY SUITES HOTEL

4315 Swenson Street, Las Vegas, NV 89115

For Reservations, call 702-795-2800 and ask for Special NPC USA Bodybuilding, Figure, Bikini Championships Room Rate

PURCHASE TICKETS

ON-LINE go to <https://www.unlv.edu/pac/tickets> UNLV or contact box office at 702-895-2787

JUDGING: FRIDAY Men BB/Bikini/Women's Physique - \$60 Open Seating
SATURDAY Women's BB/Figure/Men's Physique/Men's Classic - \$60 Open Seating

FINALS: SATURDAY \$110 - \$85 - \$65 All Seats Reserved

ALL TICKET PRICES ARE SUBJECT TO SALES TAX AND BOX OFFICE FEES

FOR COMPLETE INFORMATION GO TO www.musclecontest.com

NOTE - THE FOLLOWING IS AN NPC NATIONAL REGISTRATION DIRECTIVE: *In signing this entry, you are agreeing to pay for any damage to the hotel room in which you are staying that occurs as a result of any body color, oils, spray tan or any other damage you may cause to hotel bedding, towels, carpeting, drapery, walls, doors or any other hotel furnishings you may come in contact with. Charges will be automatically added to your posted credit card at the hotel. NOTE ALSO: The hotel will provide a special competitor menu tailored to the needs of the athletes.*

You also agree to abide by the hotel's required room rates, procedures, and occupancy regulations.

Good Luck!

Jon Lindsay & Tamer El Guindy

Musclecontest.com

2018 NPC USA BODYBUILDING, FIGURE, BIKINI and PHYSIQUE
CHAMPIONSHIPS

ELIGIBILITY REQUIREMENTS

1. You must be 18 years of age by July 26, 2018
2. All contestants must be registered 2018 athletes with the National Physique Committee
3. You must be a U.S. Citizen (No Exceptions)
ONLY VALID PROOF OF CITIZENSHIP IS: US birth certificate, Naturalization certificate or US passport.
4. Athletes must have competed since January 1, 2018, and obtained one of the following placements in an NPC-sanctioned event:
 - Your qualification must be in the same division in which you are competing in at the USA's.
 - Men's Bodybuilding, Men's Physique, Classic Physique, Women's physique, Figure & Bikini:
 - Among the top 5 in his/her height/weight group in the NPC Nationals, NPC USA, Team Universe, IFBB North American Championships, Jr. National or Jr. USA Bodybuilding Championships, Teen Collegiate or Masters Nationals Bodybuilding Championships
 - If you qualified in 2017 and placed top 3 in his/her height weight class in OPEN/UNLIMITED class in an area/district level designated as a National Qualifier
 - If you qualified in 2018 and placed top 2 in his/her height weight class in OPEN/UNLIMITED class in an area/district level designated as a National Qualifier
 - Women's Bodybuilding: No qualification necessary

NOTE THAT THERE ARE NO MASTERS CLASSES AT THE USA's

FOR INFORMATION CONCERNING ELIGIBILITY AND ACCEPTANCE FOR ALL ATHLETES, PLEASE CONTACT:
Musclecontest 310-796-9181 or email tracey@musclecontest.com

CHECKLIST:

- 1. ENTRY FORM - Signed and completed
- 2. Copy of your 2018 NPC card
- 3. Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport (NO OTHERS EXCEPTED)
- 4. Money order or cashier's check in the amount of \$325 payable to Musclecontest Return Entry Form by traceable USPS, UPS, or Federal Express to: Musclecontest 2554 Lincoln Blvd PMB 749 Venice, CA 90291

WEIGHT/HEIGHT DIVISIONS

MEN BB

Bantamweight:	up to & including 143-1/4 lbs.
Lightweight:	over 143-1/4 lbs. up to & including 154-1/4 lbs.
Welterweight:	over 154-1/4 lbs. up to & including 165-1/4 lbs.
Middleweight:	over 165-1/4 lbs. up to & including 176-1/4 lbs.
Light-Heavyweight:	over 176-1/4 lbs. up to & including 198-1/4 lbs.
Heavyweight:	over 198-1/4 lbs. up to & including 225-1/4 lbs.
Super-Heavyweight	over 225-1/4 lbs.

WOMEN BB

Lightweight:	up to & including 115 lbs.
Middleweight:	over 115 lbs. up to & including 125 lbs.
Light-Heavyweight:	over 125 lbs. up to & including 140 lbs.
Heavyweight:	over 140 lbs.

BIKINI Eight Height Classes

- A: up to & including 5'1"
- B: over 5'1" up to & including 5'2"
- C: over 5'2" up to & including 5'3"
- D: over 5'3" up to & including 5'4"
- E: over 5'4" up to & including 5'5"
- F: over 5'5" up to & including 5'6"
- G: over 5'6" up to & including 5'7"
- H: over 5'7"

FIGURE Six Height Classes

- A: up to & including 5'1"
- B: over 5'1" up to & including 5'2-1/2"
- C: over 5'2-1/2" up to & including 5'4"
- D: over 5'4" up to & including 5'5-1/2"
- E: over 5'5-1/2" up to & including 5'7"
- F: over 5'7"

MEN'S PHYSIQUE Six Height Classes

- A: up to & including 5'6"
- B: over 5'6" up to & including 5'7-1/2"
- C: over 5'7-1/2" up to & including 5'8-1/2"
- D: over 5'8-1/2" up to & including 5'9-1/2"
- E: over 5'9-1/2" up to & including 5'10-1/2"
- F: over 5'10-1/2" up to & including 5'11-1/2"
- G: over 5'11-1/2" up to & including 6'1"
- H: over 6'1"

WOMEN'S PHYSIQUE Four Height Classes

- A: up to & including 5'2"
- B: over 5'2" up to & including 5'4"
- C: over 5'4" up to & including 5'6"
- D: over 5'6"

MEN'S CLASSIC PHYSIQUE

Three Classes

Class A:	up to & including 5'4"/Up to & including 160 lbs. over 5'4", up to & including 5'5"/Up to & including 165 lbs. over 5'5", up to & including 5'6"/Up to & including 170 lbs. over 5'6", up to & including 5'7"/Up to & including 175 lbs.
Class B:	over 5'7", up to & including 5'8"/Up to & including 182 lbs. over 5'8", up to & including 5'9"/Up to & including 190 lbs. over 5'9", up to & including 5'10"/Up to & including 197 lbs.
Class C:	over 5'10", up to & including 5'11"/Up to & including 205 lbs. over 5'11", up to & including 6'0"/Up to & including 212 lbs.
Class D:	over 6'0", up to & including 6'1"/Up to & including 220 lbs. over 6'1", up to & including 6'2"/Up to & including 230 lbs. over 6'2", up to & including 6'3"/Up to & including 237 lbs. over 6'3", up to & including 6'4"/Up to & including 245 lbs. over 6'4", up to & including 6'5"/Up to & including 252 lbs. over 6'5", up to & including 6'6"/Up to & including 260 lbs. over 6'6", up to & including 6'7"/Up to & including 267 lbs. over 6'7" up to & including 275 lbs.

NOTE FOR 2018 CLASSIC ONLY: If an athlete does not make weight, he has the option of competing in bodybuilding or men's physique (with the proper attire)

2018 NPC USA BODYBUILDING, FIGURE, BIKINI and CLASSIC & PHYSIQUE CHAMPIONSHIPS

CHECK-IN / WEIGH-IN SCHEDULE

EMBASSY SUITES HOTEL

THURSDAY July 26, 2018

BIKINI 12:00noon-2:00pm

FIGURE 2:00pm-3:00pm

WOMEN'S BODYBUILDING & PHYSIQUE 3:00pm-4:00pm

MEN'S BODYBUILDING 4:00pm-6:00pm

CLASSIC PHYSIQUE 6:00pm-7:00pm

MEN'S PHYSIQUE 7:00pm-9:00pm

COMPETITION SUITS MUST BE WORN OR BROUGHT FOR INSPECTION TO WEIGH-IN/CHECK-IN. IF YOU HAVE ANY DOUBT ABOUT THE SUIT STYLE, BRING A SECOND SUIT!

MUSIC / NPC REGULATIONS

- All contestants MUST supply their own music. Bodybuilders' and Women's & Classic Physique music MUST be no longer than 60 seconds. NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED!
- Prefer posing music be emailed to charley@musclecontest.com (please note your name and the USA's in your email) no later than July 25th
 - If email not possible:
 - Posing music must be on a CD
 - MUST be cued to your music.
 - MUST be the only music on the CD.
 - CDs will be collected at registration (no exceptions).
- Men's and Women's bodybuilding and Women's and Classic Physique contestants will not use music at the Judging free posing round.
- No "T" back suits will be allowed. However, female bodybuilding competitors will be allowed to wear multicolored posing suits and jewelry at the evening show. **Emphasis is on "good taste"!**
- Additional regulations pertaining to figure, bikini and men's & women's physique competitors are set forth on www.NPCNewsOnline.com

POSING AND AWARDS

All competitors will be introduced on stage at the finals. The top five competitors in each bodybuilding class will perform their entire routine. The top five athletes in each bodybuilding class, the top five figure, bikini, men's & women's physique finalists in each class, and the overall winners will be awarded trophies.

All 7 Men's Bodybuilding Class winners are eligible for IFBB pro cards. The top 2 Overall Female Bodybuilding Champions are eligible for IFBB pro status. The top 2 class winners in the each of Height Classes in the Women's Figure and Bikini Classes, and the top 2 winners in each Men's, Women's & Classic Physique Height Classes will be eligible for IFBB professional status.

REIMBURSEMENT FOR TRAVEL

Class Winners will receive up to \$100 toward travel expenses. Overall Winners will receive up to \$300 toward travel expenses. (All reimbursements will be made only with proof of travel expenses.)

NPC NATIONAL EVENT COMPETITOR/ATTENDEE UPDATE

As we all know, the NPC's yearly national event schedule offers the highest ranking and most competitive events of all the NPC's annual competitions. It is extremely important that each and every competitor and their support staff are properly prepared for their trip to and performance at a national-level event. One of the considerations that, on behalf of the NPC I personally strongly endorse and recommend, is that all competitors and attendees stay at the event headquarters hotel, which usually is the site of the competition itself and always is the site of registration, weigh- and check-ins, judging clinics and all competition-related information dissemination and credential issuance. Given the rigorous schedule of every national event – especially with the addition of the Men's & Women's Physique Divisions and the necessity of a "rolling" weigh-in and check-in schedule – the need of all competitors to be on premises at all times becomes more and more critical. It sometimes becomes necessary to change event schedules at the last minute and this information is only disseminated at the headquarters hotel. In addition, I have found that competitors seem more properly prepared to compete when they have settled into and stay at the location of the event as opposed to driving in to the event location from other local areas. It is my feeling that being able to rest until the very time of competition and not having to travel in any way to a competition site can be helpful in having a good mental competitive attitude.

In recent years, there have been many occasions where competitors were disqualified because of event time changes or other last minute procedural alterations that occurred between the weigh-ins and the actual time of competition. Competitors staying at outside hotels other than the event headquarters are put at a disadvantage in situations like that. It is their responsibility to be available to accommodate any schedule changes or other circumstances that the NPC must administer during a national event.

Thank you for your cooperation.

James B. Manion, President
National Physique Committee of the USA, Inc.

**2018 NPC USA
BODYBUILDING, FIGURE, BIKINI & PHYSIQUE CHAMPIONSHIPS**

SCHEDULE OF EVENTS

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>THURSDAY, JULY 26</u>		CHECK-INS	EMBASSY SUITES HOTEL
	12:00noon-2:00pm	BIKINI	
	2:00pm-3:00pm	FIGURE	
	3:00pm-4:00pm	WOMEN'S BODYBUILDING & PHYSIQUE	
	4:00pm-6:00pm	MEN'S BODYBUILDING	
	6:00pm-7:00pm	CLASSIC PHYSIQUE	
	7:00pm-9:00pm	MEN'S PHYSIQUE	

THERE WILL ABSOLUTELY BE NO CHECK/WEIGH-INS ON FRIDAY!!

<u>Friday, July 27</u>	10:30am	Men's BB Mandatory Meeting	Artemus Ham Hall
	12 Noon	Men's BB Judging	Artemus Ham Hall
	12 Noon	Women's Physique Meeting/Judging	Artemus Ham Hall
	1:00pm	Bikini Meeting/Judging	Artemus Ham Hall
<u>Saturday, July 28</u>	7:30am	Women's BB Meeting	Artemus Ham Hall
	9:00am	Women's BB Judging	Artemus Ham Hall
	7:30am	Men's Physique Mandatory Meeting	Artemus Ham Hall
	TBA	Men's Physique Judging	Artemus Ham Hall
	TBA	Figure Meeting & Judging	Artemus Ham Hall
	TBA	Men's Classic Meeting & Judging	Artemus Ham Hall
	3:30pm	All Competitors Mandatory Meeting	Artemus Ham Hall
	5:00pm	Finals	Artemus Ham Hall

All Competitors please arrive 15 minutes early for meetings. Meetings WILL start on time. Competitors – please note that this schedule is subject to change and THE FINAL SCHEDULE AND MANDATORY MEETING TIMES will be posted at the Embassy Suites during weigh-in and check-in on Thursday.

ALL ATHLETES MUST WEIGH/CHECK IN ON THURSDAY OR THEY WILL NOT BE ALLOWED TO COMPETE ON STAGE! NO EXCEPTIONS!

Promoters reserve the right to adjust the final schedule as the number of athletes demand it.

2018 NPC USA BODYBUILDING CHAMPIONSHIPS

Official BODYBUILDING Entry Form

Entry fee is \$325

LATE FEE \$325 applies to all entries after July 12th total \$650

PRINT CLEARLY

Name _____ Weight _____
Address _____ Apt.# _____
City _____ State _____ Zip _____
Email _____
Phone (____) _____ Age _____

Contest where eligibility was attained:

Contest name _____ Location _____

Date _____ Placing in contest _____ Must be open/unlimited class

Have you entered a National NPC Contest before Yes__ No__ Date _____ Name _____

WEIGHT CLASS YOU INTEND TO COMPETE IN (Please Check):

Men: Bantamweight: ___ Lightweight: ___ Welterweight: ___ Middleweight: ___ Light-Heavyweight: ___ Heavyweight: ___ Super-Heavyweight: ___

Women: Lightweight: ___ Middleweight: ___ Light-Heavyweight: ___ Heavyweight: ___

RELEASE

In consideration of being allowed to participate in any way in the NPC USA Bodybuilding Championships ("Event") promoted by Lindsay Productions. ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (PLEASE PRINT YOUR NAME HERE) _____ the undersigned, acknowledge, appreciate and agree that: 1. The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown. EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. The undersigned further consents and agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature _____ Name (Please Print) _____ Date _____

CHECKLIST:

- 1. ENTRY FORM - Signed and completed
- 2. Copy of your 2018 NPC card
- 3. Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport (NO OTHERS EXCEPTED)
- 4. Money order or cashier's check in the amount of \$325 payable to Musclecontest Return Entry Form by traceable USPS, UPS, or Federal Express to: Musclecontest 2554 Lincoln Blvd PMB 749 Venice, CA 90291

2018 NPC USA FIGURE CHAMPIONSHIPS

Official FIGURE Entry Form

Entry fee is \$325

LATE FEE \$325 applies to all entries after July 12th total \$650

PRINT CLEARLY

Name _____ Height _____
Address _____ Apt.# _____
City _____ State _____ Zip _____
Email _____
Phone (____) _____ Age _____
Contest where eligibility was attained:
Contest name _____ Location _____
Date _____ Placing in contest _____ Must be open/unlimited class
Have you entered a National NPC Contest before Yes__ No__ Date _____ Name _____

HEIGHT CLASS YOU INTEND TO COMPETE IN (Please Check): A: ___ B: ___ C: ___ D: ___ E: ___ F: ___

Competition Rules:

The contestants will present quarter turns with other contestants, wearing high heels and a two-piece swimsuit of their choice, provided that no thong suits will be permitted. Jewelry may be worn in this round. No oil may be worn. Elimination rounds may be necessary in the round, depending on the number of contestants.

Finals: All competitors will be brought back in their two-piece suits for quarter-turns. The top 5 will be compared and may be scored, which would be added to the Judging scores.

RELEASE

In consideration of being allowed to participate in any way in the NPC USA Figure Championships ("Event") promoted by Lindsay Productions. ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (PLEASE PRINT YOUR NAME HERE) _____ the undersigned, acknowledge, appreciate and agree that: 1. The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Embassy Suites ("Hotel") including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature _____ Name (Please Print) _____ Date _____

CHECKLIST:

- 1. ENTRY FORM - Signed and completed
- 2. Copy of your 2018 NPC card
- 3. Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport (NO OTHERS EXCEPTED)
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2018 NPC USA BIKINI CHAMPIONSHIPS

Official BIKINI Entry Form

Entry fee is \$325

LATE FEE \$325 applies to all entries after July 12th total \$650

PRINT CLEARLY

Name _____ Height _____

Address _____ Apt.# _____

City _____ State _____ Zip _____

Email _____

Phone (____) _____ Age _____

Contest where eligibility was attained:

Contest name _____ Location _____

Date _____ Placing in contest _____ Must be open/unlimited class

Have you entered a National NPC Contest before Yes ___ No ___ Date _____ Name _____

HEIGHT CLASS YOU INTEND TO COMPETE IN (Please Check): A: ___ B: ___ C: ___ D: ___ E: ___ F: ___ G: ___ H: ___

Competition Rules:

The contestants will perform their "Model Walk" (personal preference) to the center of the stage, stop and do a front stance, stop, do a full turn to do a rear stance, turn to the front again, then proceed to the side of the stage. The contestants will wear high heels and a two-piece swimsuit of their choice, provided that no thong suits will be permitted. Jewelry may be worn in this round. No oil may be worn.

The contestants will present their full front and rear stance with other contestants wearing their two-piece swimsuits and high heels. Judges will score competitors on "Balance and Shape" and overall physical appearance, including complexion, skin tone, poise and overall presentation.

Finals: The top 5 will be compared and may be scored, which would be added to the Judging scores. The top five (5) competitors in each height class will receive trophies.

RELEASE

In consideration of being allowed to participate in any way in the NPC USA Bikini Championships ("Event") promoted by Lindsay Productions. ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (PLEASE PRINT YOUR NAME HERE) _____ the undersigned, acknowledge, appreciate and agree that: 1. The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Embassy Suites ("Hotel") including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature _____ Name (Please Print) _____ Date _____

CHECKLIST:

- 1. ENTRY FORM - Signed and completed
- 2. Copy of your 2018 NPC card
- 3. Copy of proof of US Citizenship: US Birth certificate, US Naturalization certificate or US passport (NO OTHERS EXCEPTED)
- 4. Money order or cashier's check in the amount of \$325 payable to Musclecontest Return Entry Form by traceable USPS, UPS, or Federal Express to: Musclecontest 2554 Lincoln Blvd PMB 749 Venice, CA 90291

2018 NPC USA WOMEN'S PHYSIQUE CHAMPIONSHIPS

Official WOMEN'S PHYSIQUE Entry Form

Entry fee is \$325

LATE FEE \$325 applies to all entries after July 12th total \$650

PRINT CLEARLY

Name _____ Height _____
Address _____ Apt.# _____
City _____ State _____ Zip _____
Email _____
Phone (____) _____ Age _____

Contest where eligibility was attained:

Contest name _____ Location _____

Date _____ Placing in contest _____ Must be open/unlimited class

Have you entered a National NPC Contest before Yes__ No__ Date _____ Name _____

HEIGHT CLASS YOU INTEND TO COMPETE IN (Please Check): A: ___ B: ___ C: ___ D: ___

Competition Rules:

Women's Physique competitors will be judged on symmetry, shape, proportion, muscle tone, poise and beauty flow. Physique assessment and comparison will take place during Judging. In Judging, competitors will complete a 45 second routine, quarter turns, and mandatory poses. Mandatory poses will be performed with open hand style and include the following: Front double biceps, back double biceps, side tricep with leg extended, side chest with arms extended, front ab/thigh. Competitors will perform their individual posing routines during Finals. The top 5 will be compared and may be scored, which would be added to the Judging scores.

RELEASE

In consideration of being allowed to participate in any way in the NPC USA Physique Championships ("Event") promoted by Lindsay Productions. ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (PLEASE PRINT YOUR NAME HERE) the undersigned, acknowledge, appreciate and agree that: 1. The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Embassy Suites ("Hotel") including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature _____ Name (Please Print) _____ Date _____

CHECKLIST:

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2018 NPC USA MEN'S PHYSIQUE CHAMPIONSHIPS

Official MEN'S PHYSIQUE Entry Form

Entry fee is \$325

LATE FEE \$325 applies to all entries after July 12th total \$650

PRINT CLEARLY

Name _____ Height _____
Address _____ Apt.# _____
City _____ State _____ Zip _____
Email _____
Phone (____) _____ Age _____

Contest where eligibility was attained:

Contest name _____ Location _____

Date _____ Placing in contest _____ Must be open/unlimited class

Have you entered a National NPC Contest before Yes__ No__ Date _____ Name _____

HEIGHT CLASS YOU INTEND TO COMPETE IN (Please Check): A: ___ B: ___ C: ___ D: ___ E: ___ F: ___ G: ___ H: ___

Competition Rules:

Women's Physique competitors will be judged on symmetry, shape, proportion, muscle tone, poise and beauty flow. Physique assessment and comparison will take place during Judging. In Judging, competitors will complete a 45 second routine, quarter turns, and mandatory poses. Mandatory poses will be performed with open hand style and include the following: Front double biceps, back double biceps, side tricep with leg extended, side chest with arms extended, front ab/thigh. Competitors will perform their individual posing routines during Finals. The top 5 will be compared and may be scored, which would be added to the Judging scores.

RELEASE

In consideration of being allowed to participate in any way in the NPC USA Physique Championships ("Event") promoted by Lindsay Productions. ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (PLEASE PRINT YOUR NAME HERE) the undersigned, acknowledge, appreciate and agree that: 1. The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Embassy Suites ("Hotel") including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature _____ Name (Please Print) _____ Date _____

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2018 NPC USA MEN'S CLASSIC PHYSIQUE CHAMPIONSHIPS

Official MEN'S CLASSIC PHYSIQUE Entry Form

Entry fee is \$325

LATE FEE \$325 applies to all entries after July 12th total \$650

PRINT CLEARLY

Name _____ Height/Weight _____

Address _____ Apt.# _____

City _____ State _____ Zip _____

Email _____

Phone (____) _____ Age _____

Contest where eligibility was attained:

Contest name _____ Location _____

Date _____ Placing in contest _____ Must be open/unlimited class

Have you entered a National NPC Contest before Yes ___ No ___ Date _____ Name _____

HEIGHT CLASS YOU INTEND TO COMPETE IN (Please Check): A: ___ B: ___ C: ___ D: ___

MUST MEET HEIGHT/WEIGHT REQUIREMENT AS SET BY NPC

Competition Rules:

The judging is scored 100% and will consist of comparisons of the quarter turns and 4 mandatory poses.

Finals will consist of a posing routine (maximum of 60 seconds); a confirmation round (if necessary). Posedown for the overall title only. If an athlete doesn't make weight, he has the option of competing in bodybuilding or men's physique (with proper attire)

RELEASE

In consideration of being allowed to participate in any way in the NPC USA Physique Championships ("Event") promoted by Lindsay Productions. ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (PLEASE PRINT YOUR NAME HERE) _____ the undersigned, acknowledge, appreciate and agree that: 1. The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown. EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Embassy Suites ("Hotel") including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

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